
PHYSICAL EDUCATION

9396/11

Paper 1

October/November 2019

2 hours 30 minutes

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

An answer booklet is provided inside this question paper. You should follow the instructions on the front cover of the answer booklet. If you need additional answer paper ask the invigilator for a continuation booklet.

Answer **all** questions.

Electronic calculators may be used.

You may lose marks if you do not show your working or if you do not use appropriate units.

The number of marks is given in brackets [] at the end of each question or part question.

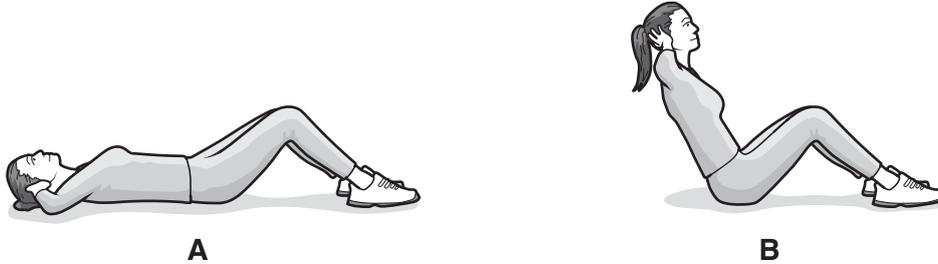


This document consists of **4** printed pages and **1** Insert.

Answer **all** questions.

Section A: Applied anatomy and physiology

- 1 (a) Name **four** types of movement that can take place at the shoulder joint. [4]
- (b) State **two** different types of joint located in the spine. [2]
- (c) The diagrams show a performer attempting a sit up.



- (i) Identify the items 1–5 in the table to describe a movement analysis of the hip joint from position **A** to position **B**, and from position **B** to position **A**. Your analysis should include the different types of muscle contraction, the type of movement occurring and the main agonist.

	different type of muscle contraction	type of movement occurring	main agonist
hip joint from A to B	1	2	3
hip joint from B to A	4	5	

[5]

- (ii) During a sit up, a performer may use fast glycolytic muscle fibres.

Describe **four** characteristics of this type of muscle fibre.

[4]

- (d) Explain the route taken by blood from the lungs, through the chambers and valves of the heart, to the aorta. [5]

- (e) A large proportion of the blood leaving the heart during exercise is redistributed to the working muscles through the vascular shunt mechanism.

Explain how this redistribution of blood is achieved.

[4]

- (f) Describe factors that cause blood pressure to increase during intense exercise. [3]

- (g) Describe the short-term effects of altitude on the respiratory system. [3]

[Total: 30]

Section B: Acquiring, developing and performing movement skills

- 2 (a) Classify an athletic throwing event, such as the javelin, using each of the following **four** continua. Justify your answer for each classification.
- open and closed
 - discrete, serial and continuous
 - externally and internally paced
 - high and low organisation
- [4]
- (b) Outline the principles of insight learning and explain the benefits of using this approach to develop skills. [5]
- (c) Bandura's theory of observational learning includes the elements of attention, retention, motor reproduction and motivation.
- Explain how each of these **four** elements assists the learning of movement skills. [4]
- (d) Selective attention is a component of information processing that allows skills to be completed.
- Suggest strategies a coach could use to improve a performer's selective attention. [4]
- (e) Define the terms *movement time*, *response time* and *reaction time*. [3]
- (f) (i) Define the term *transfer of learning*. [1]
- (ii) Explain, using a practical example of each, how transfer of learning can be either positive or negative when learning motor skills. [4]
- (g) Suggest, using the inverted-U theory, how different levels of arousal can affect the performance of different movement skills. [5]

[Total: 30]

Section C: Contemporary studies in physical education and sport

- 3 (a) (i)** Describe the concept of leisure. [2]
- (ii)** Suggest how physical education in schools can help prepare children to use their leisure time effectively. [3]
- (b)** Describe the differences between jogging as a recreational activity and cross-country running as a sport. [5]
- (c)** Describe, using a country of your choice, the policies and initiatives that are in place to achieve excellence in sport. [5]
- (d) (i)** Outline the benefits for an individual of regular participation in sport. [5]
- (ii)** Explain how different factors influence an individual's participation in sporting activities. [6]
- (e)** Suggest how the ethic of fair play is encouraged and maintained in elite sport. [4]

[Total: 30]

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